

## WAXING AFTERCARE ADVICE

Thank you for choosing The Back And Beyond for your waxing service. Following these guidelines will ensure your skin is cared for properly over the next few days, and during hair re-growth.

*Note: some slight soreness, small bumps and redness are common and perfectly normal temporary reactions, particularly if this is your first wax. These symptoms should subside over the next 24-48 hours. If you experience persistent redness or irritation, or if you have any questions, please do not hesitate to contact me.*

Keep the waxed area clean, and avoid heat and friction during the next 24-48 hours.

This means:

- No hot baths or showers (tepid water only).
- No saunas, hot tubs or steam rooms.
- No tanning (sunbathing, sun beds or fake tans).
- No sport, gym work or other exercise.
- Avoid scratching or touching the treated area with unwashed hands.
- Avoid sexual contact (intimate treatments only).
- Wear clean, loose fitting clothes.
- Avoid swimming in chlorinated pools.
- Do not apply deodorants, body sprays, powders, lotions or other products to the area, other than those recommended by your therapist.
- Your intimate treatment includes a tube of antiseptic cream for you to take away. Apply to the waxed area regularly for 3 days following your treatment. Always wash your hands before applying any product.

To minimise ingrown hairs: starting a couple of days after your appointment, gently scuff your skin 2 - 3 times a week in the shower using a **clean** loofah or exfoliating mitt.

Alternatively five gentle strokes with a dry brush in the direction of hair growth, or a clean air-dried (i.e. crispy!) towel rolled up can be used instead. Always have a tepid shower after dry brushing. Some customers report that using shower gel - rather than a bar of soap gives better results.

Ensure you moisturise the area after scuffing with a light product (similar to E45 Lotion - not E45 Cream). This keeps the skin supple and encourages new hairs to grow through. You may notice a small amount of re-growth after a week or so.

It can take 2 - 3 treatments for your hair to get on a growth cycle that gives best results. Hair needs to be around 3 - 5 mm long before it can be successfully removed by waxing so please resist shaving between your appointments.

To maintain your new smooth appearance, I recommend regular waxing every 4-6 weeks.